

Zambia

2004 Fact Sheet



The **2004 Zambia GSHS** measured dietary behaviors; hygiene; unintentional injuries and violence; mental health; alcohol and other drug use; sexual behaviors; physical activity; and protective factors.

The 2004 Zambia GSHS was a school-based survey of students aged 13-15 years. A two-stage cluster sample design was used to produce representative data for 13-15 year old students in Zambia. At the first stage, schools were selected with probability proportional to enrollment size. At the second stage, classes were randomly selected and all students in selected classes were eligible to participate. The school response rate was 94%, the student response rate was 75%, and the overall response rate was 70%. A total of 2,257 students participated in the Zambia GSHS.

Results for students aged 13-15 years	Total	Boys	Girls
Dietary Behaviors			
Percentage of students who are overweight	8.7 ± 6.8	*	*
Percentage of students who are at risk for becoming overweight	15.4 ± 7.8	*	*
Percentage of students who went hungry most of the time or always during the past 30 days because there was not enough food in their home	29.5 ± 2.4	27.3 ± 3.2	31.1 ± 4.5
Hygiene			
Percentage of students who did not clean or brush their teeth during the past 30 days	9.0 ± 3.1	8.8 ± 4.0	9.6 ± 4.4
Percentage of students who never or rarely washed their hands before eating during the past 30 days	12.4 ± 2.7	15.2 ± 3.7	10.1 ± 2.7
Percentage of students who never or rarely washed their hands after using the toilet or latrine during the past 30 days	15.7 ± 2.6	16.8 ± 3.7	14.4 ± 3.0
Unintentional Injuries and Violence			
Percentage of students who were in a physical fight one or more times during the past 12 months	53.0 ± 4.1	50.3 ± 5.4	55.9 ± 5.1
Percentage of students who were seriously injured one or more times during the past 12 months	71.5 ± 5.9	70.2 ± 7.7	73.2 ± 7.5
Percentage of students who were bullied on one or more days during the past 30 days	65.1 ± 3.7	62.5 ± 5.6	67.1 ± 4.9
Mental Health			
Percentage of students who felt lonely most of the time or always during the past 12 months	23.9 ± 3.0	21.6 ± 4.6	26.4 ± 4.6
Percentage of students who seriously considered attempting suicide during the past 12 months	31.1 ± 4.2	31.0 ± 5.4	30.8 ± 4.7
Percentage of students who have no close friends	14.7 ± 2.4	14.9 ± 3.4	14.9 ± 3.9
Alcohol and Other Drug Use			
Percentage of students who drank alcohol on one or more of the past 30 days	42.3 ± 5.1	38.7 ± 7.3	45.1 ± 4.8
Percentage of students who drank so much alcohol that they were really drunk one or more times during their life	42.8 ± 4.4	38.6 ± 5.1	46.5 ± 5.9

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Results for students aged 13-15 years	Total	Boys	Girls
Alcohol and Other Drug Use			
Percentage of students who had a hang-over, felt sick, got into trouble with family or friends, missed school, or got into fights, as a result of drinking alcohol one or more times during their life	47.3 ± 3.2	44.1 ± 5.7	50.2 ± 5.1
Percentage of students who used drugs, such as daga one or more times during their life	38.1 ± 4.9	36.7 ± 5.7	39.3 ± 6.2
Sexual Behaviors			
Percentage of students who have ever had sexual intercourse	38.0 ± 7.2	45.2 ± 6.6	29.1 ± 10.5
Percentage of students who have had sexual intercourse with two or more people during their life time	25.2 ± 4.6	26.0 ± 5.9	23.3 ± 8.0
Of students who had sexual intercourse during the past 12 months, the percentage who used a condom the last time they had sexual intercourse	*	*	*
Physical Activity			
Percentage of students who were physically active all seven days for a total of at least 60 minutes per day during the past seven days	9.8 ± 2.9	9.7 ± 3.5	10.2 ± 3.4
Percentage of students who spent three or more hours per day sitting and watching television, playing computer games, talking with friends, or doing other sitting activities, such as playing draft, story telling, or listening to music during a typical or usual day	32.6 ± 3.3	33.1 ± 4.8	32.7 ± 3.7
Protective Factors			
Percentage of students who missed classes or school without permission on one or more of the past 30 days	58.7 ± 4.7	59.3 ± 5.0	58.1 ± 6.8
Percentage of students who reported that most of the students in their school were kind and helpful most of the time or always during the past 30 days	27.3 ± 3.5	25.1 ± 4.1	29.1 ± 4.3
Percentage of students whose parents or guardians knew what they were doing with their free time most of the time or always during the past 30 days	35.5 ± 4.4	33.5 ± 5.7	36.9 ± 5.3

* indicates less than 100 students.

For Additional Information, please contact:

Mr. George Sikazwe, Health Promotion Specialist
Central Board of Health, Lusaka, Zambia, gsikazwe@cboh.org.zm